



# Workshops and Trainings

The following is a list of workshops and trainings that members of the Mines community can request for professional development

Name	Description	Time
Oredigger as Active Bystanders	Bystander intervention skills for helping in a variety of situations where someone needs help	1-1.5 hours
Escalation Workshop	College dating violence prevention and support	1.5 hours
How to Support a Survivor	A student workshop on the basics for supporting a survivor of sexual violence, including resources	1 hour
Sexual Harassment Prevention	A look at the interpersonal violence continuum and how to create an environment that is inclusive	1 -1.5 hours
10 Signs of Healthy and Unhealthy Relationships	Interactive workshop educating on healthy and unhealthy relationship qualities	1 hour
Survivor Response Training	Advanced training for employees on compassionate response to sexual violence	3 hour
Sexual Assault Prevention	Awareness, consent, bystander and survivor support skills, and resources	1-1.5 hours
Recognizing and Responding to Stalking	Stalking prevention and response for student leaders	.5-1 hour
Creating Inclusive Programs and Events	Tips for creating inclusive, supportive, and accessible programs, events, and meetings	.5-1 hour
Awareness through Art	Painting classes featuring awareness and prevention topics	1-2 hours





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Options for requesting a workshop:

1. Submit a request form online:
  - Visit: [www.mines.edu/shape/training-request](http://www.mines.edu/shape/training-request)
  - Visit: [www.mines.edu/peer-education/trainings](http://www.mines.edu/peer-education/trainings)
2. Email:
  - [slambrightdale@mines.edu](mailto:slambrightdale@mines.edu)
  - [Peereducation@mines.edu](mailto:Peereducation@mines.edu)
3. At an outreach table: Provide your name and email and we will get back to you!

\*Note: many of our workshops are co-led by Mines Peer Educators

\*\*We are happy to customize programming. Other types of educational programming can include panels, resource booths, and Healthy Relationships Jeopardy